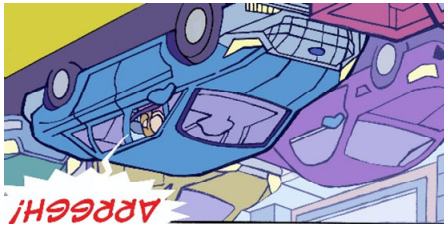


- FEARFUL TEMPER
- Others judging that I am wrong or my fear of being wrong. Feelings related to Fearful Temper:
- WORRY
- FEELING OF INADEQUACY
- HOPELESSNESS
- FEAR OF DAMAGE TO YOURSELF OR YOUR REPUTATION
- SENSE OF SHAME



Fearful Temper



Meet Terri!



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Some Tools for Fearful Temper

- Humor is our friend, temper is our enemy.
- We learn not to take ourselves too seriously.
- We excuse rather than accuse ourselves and others.
- This is distressing, but not dangerous.
- Calm begets calm, temper begets temper.
- Helplessness is not hopelessness.



More Tools for Fearful Temper

- Temper maintains and intensifies symptoms.
- Have the courage to make mistakes.
- Fear is a belief and beliefs can be changed.
- We can accept or reject thoughts that come to us.
- Decide, plan and act.
- When feeling overwhelmed, do things in “part acts”—one step at a time.

